

21-Day Testosterone Reset Plan

Day 0 - The Mission

Welcome to the 21-Day Testosterone Reset

Hey brother,

I created Primal Edge because I was you. Exhausted every morning. Foggy-headed. Flatlined in the gym. Going through the motions.

I thought something was wrong with me. But the truth? I was just missing the raw materials my body needed to thrive.

Through research, bloodwork, and testing everything - I uncovered a core truth:

Most modern men are deficient in Vitamin D, Magnesium, Omega-3s, and Zinc. Add stress and low sleep? It's a recipe for hormonal shutdown.

Once I gave my body exactly what it needed - no fluff - everything changed. I felt more focused, stronger, sharper, more alive.

This isn't a magic pill. But it *is* your reset button.

And now it's your turn.

Let's rebuild. Stronger. Sharper. Hungrier.

- The Founder, Primal Edge

21-Day Testosterone Reset Plan

Why This Protocol Works

Why This Protocol Works

This plan is rooted in physiology - not hype.

It combines nutrient repletion, habit reprogramming, and recovery enhancement to help you reclaim your testosterone baseline.

By following this guide, you're not just adding supplements.

You're restoring what was lost. And realigning with how your biology is meant to perform.

Stick with it. Track your fire daily. Commit fully. Results will follow.

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Supplement Timing

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Morning:

- Omega-3
- Vitamin D
- Zinc + Tongkat Ali

Evening:

- Magnesium
- Ashwagandha (optional)

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Workout Principles

Workout Principles for the 21 Days

- Train 3 to 5 times per week
- Focus on compound lifts: squats, deadlifts, presses, pull-ups
- Use a PPL (Push-Pull-Legs) or Upper-Lower-Upper split
- Keep workouts intense, 45-60 minutes max
- Prioritize progressive overload and proper recovery
- Optional: Walk or stretch on rest days

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Morning Routine Hacks

Morning Routine Hacks

- Get sunlight within 15 minutes of waking up
- Drink water with electrolytes immediately
- Do light movement (walk, mobility, breathing)
- Delay caffeine 60-90 minutes after waking
- Take your Primal Edge stack with a high-fat breakfast
- Avoid phone/screens for the first 30 minutes

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Sleep Optimization Protocol

Sleep Optimization Protocol

- Go to bed and wake up at consistent times
- Cut screens 90 minutes before sleep
- Use blackout curtains and keep room cool (17-19°C)
- Avoid caffeine after 2 PM
- Take magnesium and ashwagandha 30-60 minutes before sleep
- Practice 4-7-8 breathing or light reading before bed

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Cortisol Control Protocol

Cortisol Control Protocol

- Take 5-10 minutes for deep nasal breathing each day
- Supplement with ashwagandha at night (optional)
- Take slow walks outdoors in the evening
- Avoid toxic media or stressful content after 8 PM
- Journal or meditate for 5 minutes to unwind
- Eliminate one known stressor per week

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21-Day Daily Tracker

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Each day, check off the following:

- Primal Edge stack taken (morning/evening)
- Movement/training done
- High-T meals followed
- Morning light exposure
- Sleep quality: 1-5 rating
- Cortisol protocol followed
- Fire level: / / (write your mood or energy score)

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10 Testosterone-Boosting Habits

Bonus: 10 Simple Testosterone-Boosting Habits

1. Wake up at the same time every day
2. Eat 30g of protein within an hour of waking
3. Avoid seed oils - stick to olive oil, butter, beef tallow
4. Lift heavy (3-5 reps) once a week
5. Prioritize sleep over Netflix
6. Walk daily for 20+ minutes
7. Reduce body fat with consistent training
8. Eliminate porn and practice retention
9. Cut out alcohol for 21 days
10. Get sun on your skin daily

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About Primal Edge

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Primal Edge is more than a supplement stack. It's a commitment.

We're here for the men who are ready to reclaim their fire, focus, and vitality - naturally.

We use only the core nutrients your body is likely deficient in - with no fluff, no fillers, and no false promises.

Join the men waking up with power again.

Your reset starts here.